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## ONE YEAR LATER

As Edmonton remembers Const. Daniel Woodall,  
his widow says the community's strength has kept her here

**metroNEWS**

METRO FILE

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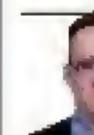
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### DISCRIMINATION

**Nearly 80  
complaints  
have come in  
since April**

 **Ryan  
Tumilty**  
Metro | Edmonton

A hotline meant to give victims of Islamophobia a place to call has received more than one complaint per day since it was launched.

The Alberta Muslim Public Affairs Council launched the hotline in early April and has received 78 complaints so far. Mustafa Farooq, who manages the hotline, said that's more than they anticipated.

"Since the line has opened we keep hearing more and more feedback from our community," he said.

The hotline was set up in response to several incidents of vandalism and other hate crimes directed towards Muslims in Alberta. Of the 78 cases so far, Farooq said eight have been referred to police for possible hate crimes investigations.

"We have a great relationship with Edmonton Police Service. We are starting to build a great relationship with the Calgary

Police Service," he said.

The estimate is rough, but the group believes about 60 per cent of calls are coming from Edmonton and 40 per cent from Calgary.

He said in the last six weeks they have noticed a turn toward on-the-job discrimination, which is a trend they can't yet explain.

"A significant number, 80 per cent of our calls, were employment rights or discrimination cases," he said.

He said many of the people who call don't know exactly where to turn and in the employment cases especially they fear raising the issue.

"They don't want to make waves and I think that's something most Albertans could relate to."

He said those cases are more difficult to solve, but the council has offered sensitivity training workshops in some cases to help deal with the problem.

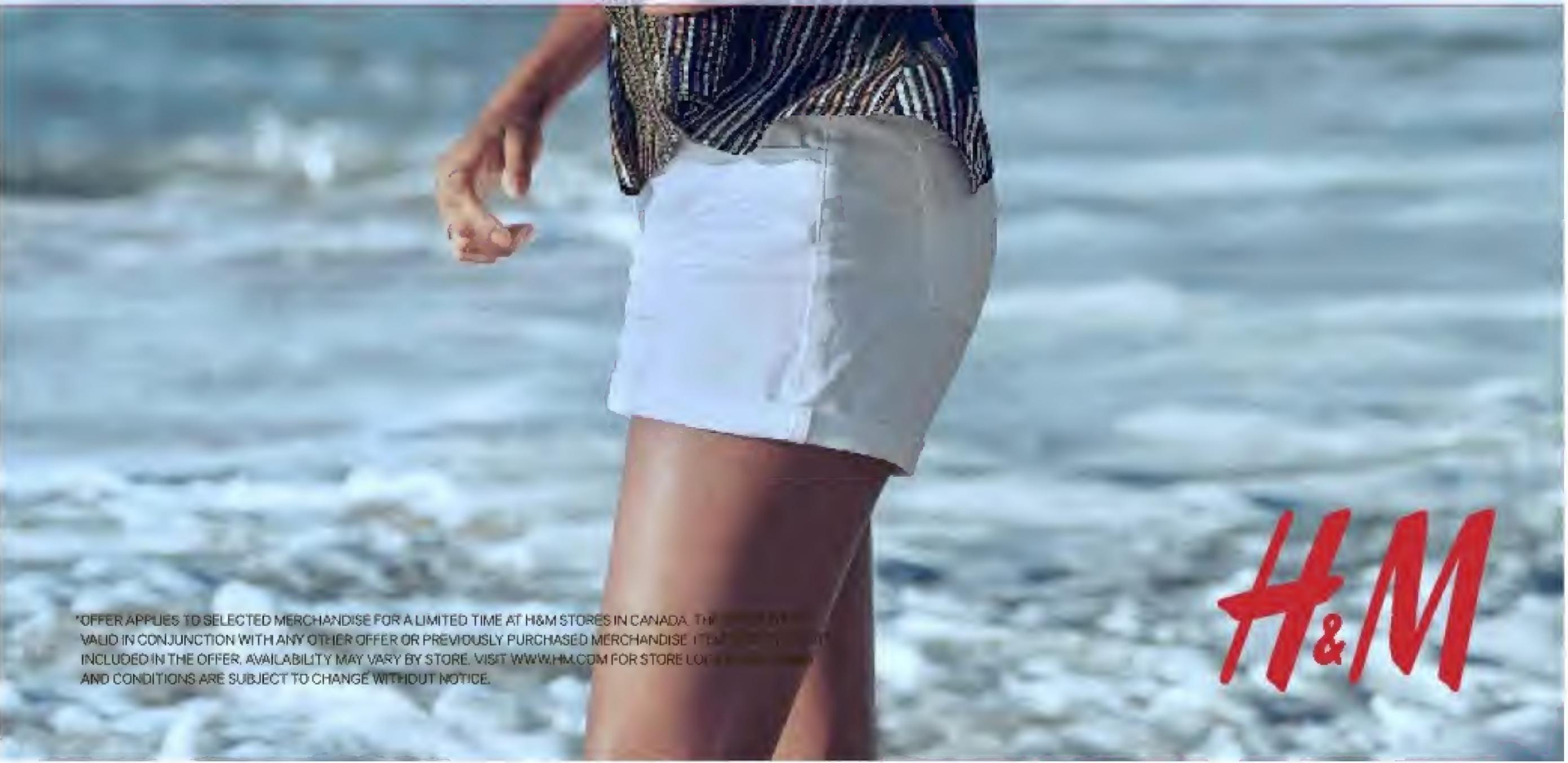
The council is also tracking data to try and see broader trends in this discrimination and working with other community groups. He said they'll know the hotline worked if it changes minds in the broader community.

"It will be completely successful when we don't have any more calls and we have to shut it down."



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Your essential daily news

No charges for the parents of a toddler who fell into the Cincinnati Zoo gorilla enclosure. **World**



## DAN WOODALL Police aware of job's risks

**Kevin Maimann**  
Metro | Edmonton

A heightened sense of danger permeates the Edmonton police force one year after the death of Const. Daniel Woodall.

"With Dan's death, it truly brings home that, at the end of the day, when you're a police officer it doesn't matter what area you're working in. You can walk into volatile situations," police union boss Maurice Brodeur said Monday, two days before the anniversary of Woodall's death.

He said officers are more aware of those dangers than they were before.

"People can be so very erratic. And anybody is prone to violence. You just don't know if it's right at that time when that person has reached his last straw and could very well erupt."

Woodall, a 35-year-old who worked on the hate crimes unit, was one of several officers trying to arrest Norman Raddatz at his West Edmonton home on June 8, 2015, when Raddatz fired several shots through the closed door, killing Woodall and injuring another officer.

Raddatz was found dead in the burned remains of his home.

Brodeur said EPS is keeping an eye out for signs of post-traumatic stress disorder in officers who are still struggling with Woodall's death.

"A one-year anniversary can be really tough for a lot of people. And we've got to make sure everybody's OK," he said.

# Support from community 'wonderful,' says widow

**ANNIVERSARY**

## Claire Woodall considered a U.K. move after husband's death

In the year since her husband was killed in the line of duty, Claire Woodall has focused on being strong for her two young sons and on helping them understand why he died.

Only recently, she says, has she

started dealing with the police officer's death.

"It's a terrible thing that happened and I need to try and work on it and figure it out myself," the 33-year-old widow said at a news conference Monday.

Const. Daniel Woodall was shot last June 8 while trying to serve an arrest warrant on Norman Raddatz, a refrigerator repairman under investigation for anti-Semitic bullying. Raddatz, who was 42, had railed online about police, courts and paying taxes.

She has told her sons their dad died being a good guy.

"Daddy was trying to keep us safe and unfortunately the bad guy got to him. And he decided it was better to go up to heaven than to stay on Earth because he would have been really hurt."

Daniel Woodall joined the Edmonton force in 2007 after starting his policing career with the Greater Manchester Police in England.

His wife thought she'd always move back to be with family if anything ever happened to him.

But after thousands of people wore blue ribbons and lined the streets for his funeral, she said she realized she couldn't leave Edmonton.

"I've had so much love," she said. "This city has just supported me in such a way I cannot put into words. It was clear, instantly, I don't need to go anywhere."

"I'm home."

The support has continued,

she said.

Some Edmonton officers recently ran a marathon in New York in Woodall's honour. A

brewery crafted a memorial beer in his memory. On Wednesday, a park on the south side will officially be dedicated in the officer's name.

A few days ago, Woodall said, a woman recognized her in a restaurant. The woman told her, "I've been thinking about you. Please know that you're in our thoughts."

"It's still in their minds," said Woodall, her eyes welling with tears.

"It's wonderful."

THE CANADIAN PRESS



Claire Woodall, widow of Edmonton police Const. Dan Woodall, speaks with media on the anniversary of her husband's shooting death on Monday. Woodall got a tattoo in her husband's memory after he was shot to death in an Edmonton suburb in June of 2015. JASON FRANSON/THE CANADIAN PRESS

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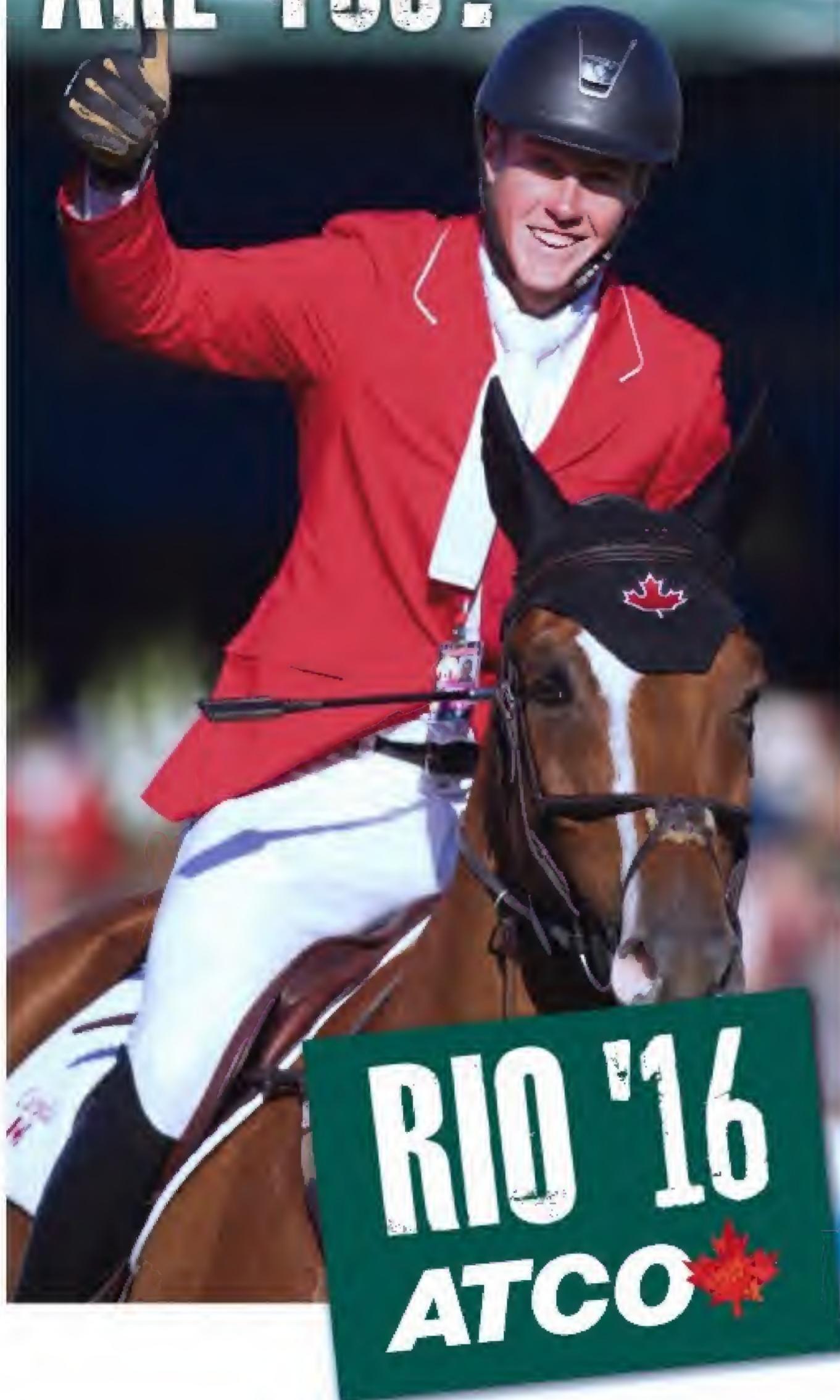
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# Disability funding model under review

## ASSISTANCE

### 'Demeaning' interview no longer needed

**Alex Boyd**  
Metro | Edmonton

The province is tossing out a tool for assessing the needs of people with developmental disabilities that some advocates called "dehumanizing."

During question period Monday, Human Services Minister Irfan Sabir announced the Supports Intensity Scale (SIS), which included an application and lengthy interview, would no longer be required for people to get funding.

Instead, the ministry will work with stakeholders to create an "Alberta-made" model that works best for people with disabilities.

The SIS started as a pilot project in 2008, and was fully implemented in 2011, but was dogged from the beginning by concerns

the evaluations were sometimes inaccurate, funding decisions unfair and appeals challenging.

Some applicants also felt the interview, which could include family members or service providers, was unnecessary, according to Jamie Post, the communications co-ordinator with the Alberta Council of Disability Services.

"It was just astounding the difficulty parents had with this assessment, the process of putting their child through a two- or three-hour interview that they felt was humiliating and demeaning," Post said.

Leah McRorie, one of the advocates pushing for change, attended question period Monday at the invite of Progressive Conservative MLA Sandra Jansen, who McRorie credits with getting the issue political attention.

Both of her daughters receive funding through the PDD, or people with developmental disabilities program, and McRorie attended both of their SIS interviews. She said the questions about their personal habits were "incredibly invasive."



**Human Services Minister  
Irfan Sabir** METRO FILE

"It's a conversation, it's about trust and building a relationship," she said. "The SIS was just numbers, a score."

The province will now start public consultations to figure out a better way to sort out funding.

Both point out that this is one of a few recent changes the government is making to the PDD program, including the review of safety standards that made headlines in April, that has been criticized for not including the voices of people with disabilities.

"This is another win," Post said.

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# Rethink liquor licences: Lobby

LEGISLATION

**Aim to change rules for patio and festival consumption**

**Kevin Maimann**  
Metro | Edmonton

A cold beer in the hot sun can be more complicated than it sounds.

Long lineups at the folk fest beer garden have sparked a conversation about Alberta's rules surrounding outdoor drinking, after festival producer Terry Wickham said beer garden lineups were up to two hours long last year.

Drinking is restricted to the beer garden at folk fest, and site-wide drinking would require one security person for every 50 patrons under current Alberta Liquor and Gaming Commission (AGLC) regulations.

"If we have 25,000 people, that would be 500 security, which seems a little over the top," Wickham said, adding he is mulling several options



Edmonton Folk Fest would like new rules on beer tents to reduce lineups. METRO FILE

to shorten the lines in 2017.

Interstellar Rodeo has a site-wide licence and exceeds the security requirements, though its crowds are much smaller, with a daily capacity of 3,000

people — and most security guards are volunteers.

"We feel that it enhances the viewer enjoyment and also creates a more relaxed, chilled out vibe," said festival produ-

cer Shauna de Cartier of the site-wide licence.

"For us, it's not onerous, it's fine. It's not expensive. But we are small."

Meanwhile, Chris Round,

It enhances the viewer enjoyment and also creates a more relaxed, chilled out vibe.

Shauna de Cartier

president of Edmonton's Late Night Hospitality Association, is pushing for longer patio drinking hours.

Patios are currently mandated to have last call at 1 a.m. and have patrons gone by 2 a.m., which can be a "logistical nightmare" for bars that are still open for another hour.

"Come one o'clock, everybody on the patio kind of has to go home if the venue is already full," Round said.

"This creates a problem with people wandering the streets, going to line up at other bars and being generally disruptive."

An AGLC spokesperson said the provincial government is reviewing numerous liquor licensing laws, but she could not provide specific details until the review is complete.

## SUSPICIOUS DEATH Mounties dive for evidence

Mounties have launched an underwater search for evidence in a homicide case that is nearly five years old.

Stony Plain RCMP announced Monday that an underwater recovery team from B.C. is searching underwater east of Range Road 264 on Township Road 532A, just outside Stony Plain near the home where Jolene Cote lived.

Cote was found dead at her home in the early morning hours of Oct. 13, 2011. She was 36.

Initial reports suggested a robbery played a role, due to the disappearance of wedding rings and a necklace, but police now confirm a robbery was not involved.

Police also said the homicide was not random. All evidence indicates the killer intended to seriously harm or kill Cote.

Mounties are asking anyone who knew Cote or has information that could assist investigators to call Stony Plain RCMP at 780-968-7267 or contact Crime Stoppers.

KEVIN MAIMANN/METRO

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# Horse club's future unclear

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**Over 100 horses scattered after stables burn to the ground**

**Alex Boyd**  
Metro | Edmonton

The horses of Fort McMurray's Clearwater Horse Club faced an evacuation almost as chaotic as their owners'.

As fire raged, dozens were moved to new facilities, or rushed onto trailers for the trek south.

When fire cut off that escape route, only one choice remained: Open the gates.

"(The remaining horses) knew it wasn't safe and they had to leave," said Charity Wiley, the club's public relations director.

And leave they did, forming a small herd and moving north through the forest.

"It reminds you that as domesticated as these animals are, they're descended from wild horses, and they still have a little survival skill in them," she said. Now they've all been



Over half of the stables at Fort McMurray's Clearwater horse club burned down. CONTRIBUTED

lured back by food, and Wiley said they're all safe.

But no one knows when they'll be able to go home.

Over half of the Club's 40 or so stables have burned to the ground, and the paddocks are a misty white from the chemical compound sprayed all over town

**If it's not safe for people, it's not safe for animals.**

Charity Wiley

to keep the ash down. But while you can warn humans to stay away from potential toxins, the message is lost on horses.

"We're now sourcing professional cleanup, because if it's not safe for people, it's not safe for animals."

Part of the attraction of living

in Fort McMurray is a lifestyle close to the outdoors, and for many, that includes horses. At Clearwater, the only public horse facility in town, the waiting list was as long as five years.

Now, their 100 equine tenants, ranging from pleasure horses to competition animals for sports like jumping or Western reining, are scattered across three provinces.

When it comes to rebuilding, their member-based model is working against them.

The destroyed equipment owned by Clearwater directly — including a gazebo, a Bobcat and arena groomer — will be replaced by insurance, but most of the paddocks, buildings and stocks of feed like hay were owned by members, and were difficult to insure, Wiley said.

"We're on a forestry lease and a municipal lease," she said. "It would be kind of like putting up a shed on the side of the road and trying to insure it."

In addition to cleanup, they're currently raising donations to get facilities re-built as quickly as possible.

"Hopefully that doesn't take too long, because we're all in the same position, where we all really miss our horses."

**ECONOMY**  
**Carbon tax is no PST: Economist**

**Jeremy Simes**  
For Metro | Calgary

Any comparison between the NDP's carbon tax and a provincial sales tax is outright stupid, according to a Calgary economist.

As MLAs continue to debate the government's proposed legislation that ups gasoline and natural gas prices, the Wildrose tends to liken the legislation to an incognito PST.

But University of Calgary economist Trevor Tombe disagrees with the Wildrose's assertion. He said there's much more to the carbon levy.

"People who are trying to compare it to a sales tax are trying to score political points rather than inform the public about the underlying economics involved," Tombe said.

What connects the two is how much revenue both taxes will generate, according to Jack Mintz, president's fellow at the School of Public Policy at the University of Calgary.

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# Rules on assisted dying weak: Philpott

## HEALTH CARE

## Minister says provincial guidelines don't cut it

Health Minister Jane Philpott says provincial guidelines do not provide enough clarity and protection to physicians who may be asked to help their patients die, suggesting people will have trouble finding a doctor to assist them.

"Doctors may have inadequate protection and I expect in these early days, many physicians will be extremely reluctant to provide assistance to patients wanting medical assistance in dying," Philpott told a roomful of health-care professionals in a speech to the National Health Leadership Conference on Monday.

The minister reminded the audience that doctor-assisted



Jane Philpott, minister of health, speaks at a conference in Ottawa on Monday. SEAN KILPATRICK/THE CANADIAN PRESS

dying would become legal effective at midnight Monday, her office said — after the federal government missed a Monday deadline set by the Supreme Court for enacting a law in response to its ruling on physician-assisted death.

"Unfortunately, despite tremendous effort, this bill is not yet in place," Philpott.

"That means that, effective tomorrow, you may be

asked to do something that has never been expected of you before — to help people end their lives. It's a daunting prospect."

Medical regulators in every province have already issued guidelines for physicians on providing assistance in dying, based on the eligibility criteria outlined by the court.

Those rules impose safeguards similar to — and in

**Doctors may have inadequate protection.**  
Jane Philpott

some cases, even stronger than — those proposed in the government bill, C-14.

But Philpott said those guidelines are not enough.

"While I have faith in Canada's health-care providers to carry out these responsibilities responsibly and ethically, I believe that regulatory guidance alone is insufficient, given the nature of what you will be asked to do," Philpott said.

And those guidelines do not apply to everyone, Philpott said.

"Nurses, pharmacists and others who assist doctors will not have the guidance or protection they need," she said.

THE CANADIAN PRESS

## POLITICS

## Cheri DiNovo to vie for NDP leadership

New Democrat MPP Cheri DiNovo is the first candidate in the race for the leadership of the federal New Democrats.

The well-regarded Parkdale-High Park MPP will officially throw her hat in the ring on Tuesday in Toronto.

DiNovo, an outspoken critic of ousted NDP Leader Thomas Mulcair, wants the federal New Democrats to "reaffirm" their socialist principles, tackle climate change, and advance social justice.

While she will not immediately resign as an MPP, sources close to her say she won't seek re-election in the 2018 provincial election regardless of the outcome of the federal leadership contest.

A champion of LGBTQ and other minority rights, DiNovo



Cheri DiNovo  
TORSTAR NEWS SERVICE FILE

is one of the most effective opposition MPPs at Queen's Park with the Liberal government routinely adopting her private member's bills as government legislation.

Her work has led to increases in the hourly minimum wage, recognition of post-traumatic stress disorder as a workplace injury, and added gender identity to the Ontario Human Rights Code, among other changes.

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**SURFING UP A STORM AS BAD WEATHER PELTS FLORIDA** Surfers take advantage of the waves from Tropical Storm Colin on Monday in Venice, Fla. Heavy rains hit north Florida and southern Georgia on Monday, knocking out power in some areas and flooding roads on the Gulf coast. JOE RAEDLE/GETTY IMAGES

ZOO

## No charges laid in gorilla case

A prosecutor announced Monday no charges will be brought against the mother of the little boy who got into the gorilla exhibit at the Cincinnati Zoo, saying the three-year-old "just scampered off."

The killing of a 400-pound gorilla that was dragging the child through a moat May 28 set off a torrent of criticism online, with

some vilifying the zoo for shooting the animal and others blaming the mother for not watching her child more closely.

Hamilton County Prosecutor Joe Deters said the case didn't come close to warranting a charge of child endangerment, and he defended the mother as an attentive parent undeserving of the abuse and threats.

He said the mother had three other children with her, ages one to seven, and had turned away "for a few seconds" to attend to one when the boy took off.

"If anyone doesn't believe a three-year-old can scamper off very quickly, they've never had kids. Because they can. And they do," Deters said.

THE ASSOCIATED PRESS

# Clinton poised for nomination

U.S. POLITICS

## Hopeful has the delegates for Democratic candidacy

Striding into history, Hillary Clinton will become the first woman to top the presidential ticket of a major U.S. political party, capturing commitments Monday from the number of delegates needed to become the Democrats' presumptive nominee.

The victory arrived nearly eight years to the day after she conceded her first White House campaign to Barack Obama. Back then, she famously noted her inability to "shatter that highest, hardest glass ceiling."

Campaigning this time as the loyal successor to the nation's first black president, Clinton held off a surprisingly strong challenge from Vermont Sen. Bernie Sanders. He mobilized millions with a fervently liberal

message and his insurgent candidacy revealed a deep level of national frustration with politics-as-usual, even among Democrats who have controlled the White House since 2009.

Clinton, the former secretary of state, New York senator and first lady, reached the 2,383 delegates needed to become the presumptive Democratic nominee on Monday with a decisive weekend victory in Puerto Rico and a burst of last-minute support from superdelegates. Those are party officials and officeholders, many of them eager to wrap up the primary amid preference polls showing her in a tightening race with presumptive GOP nominee Donald Trump.

Clinton has 1,812 pledged delegates won in primaries and caucuses. She also has the support of 571 superdelegates, according to an Associated Press count. AP surveyed all 714 superdelegates repeatedly in the past seven months, and only 95 remain publicly uncommitted. While superdelegates will not

### THE RACE

Clinton outpaced Sanders in winning new superdelegate endorsements even after his string of primary and caucus wins in May. Following the results in Puerto Rico, it is no longer possible for Sanders to reach the 2,383 needed to win the nomination based on the remaining available pledged delegates and uncommitted superdelegates.

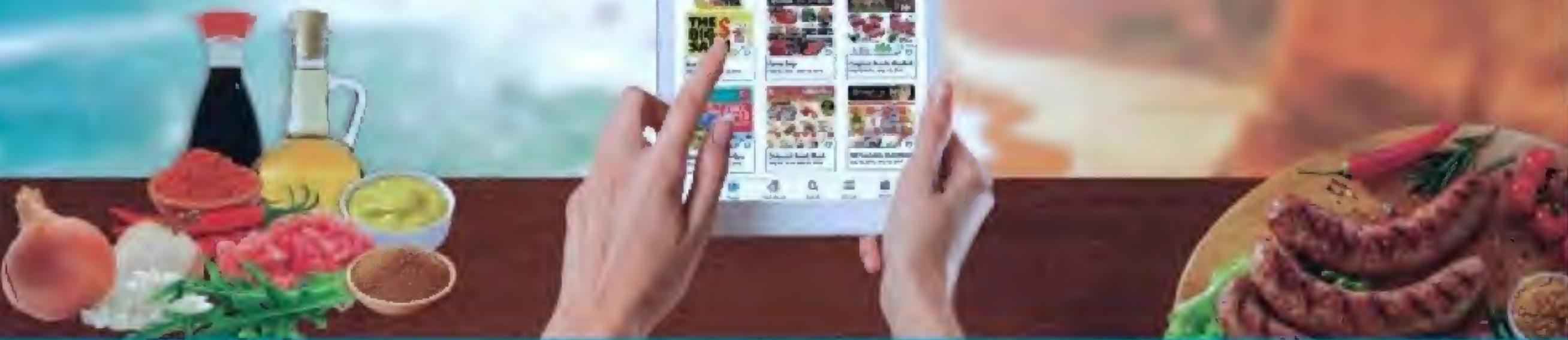
formally cast their votes until the party's July convention, all those counted in her tally have unequivocally said they will do so.

"We really need to bring a close to this primary process and get on to defeating Donald Trump," said Nancy Worley, a superdelegate who chairs Alabama's Democratic Party.

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# Canadians buying fresh less often

#### PRODUCE PRICES

### Poll finds more people shifting to frozen fruit and vegetables

Some Canadians are snubbing expensive fruits and vegetables, instead turning to frozen produce and juice as less-pricey alternatives, a new survey by researchers from two universities has found.

The results suggest low-income households, less-educated people and younger generations are more vulnerable to volatile fruit and vegetable prices, said Sylvain Charlebois, the dean of the faculty of management at Dalhousie University in Halifax and one of the report's authors.

About one-quarter of respondents said they ate fewer fruits

and vegetables over the past 12 months. Respondents with low incomes and lower education levels were more likely to have dropped produce from their diets than their wealthier counterparts, Charlebois said.

Slightly more than two-thirds of respondents said they passed on purchasing specific high-cost produce, such as cauliflower.

Many respondents — about 45 per cent — also purchased or considered buying frozen produce as a way to reduce their total grocery bill. Fewer of them — about 17 per cent — did the same with juice.

Those cost-cutting measures may be something consumers continue to do as produce prices

don't show any signs of easing.

In the University of Guelph's 2016 food price report, Charlebois predicts this year's food inflation will outpace general inflation, with vegetables increasing in price by two to four per cent and fruits by 2.5 to 4.5 per cent.

"Because of climate change, we are expecting vegetable and fruit prices to become much more volatile than they have ever been," he said.

The polling industry's professional body, the Marketing Research and Intelligence Association, says online surveys cannot be assigned a margin of error because they do not randomly sample the population.



About half of those surveyed opted not to purchase cauliflower at some point over the past year. Several months ago, cauliflower prices spiked toward double digits per head thanks to a sliding loonie and drought in California.

More than 15 per cent of respondents also admitted to avoiding broccoli, lettuce, oranges and apples. Apples, for example, jumped 23.4 per cent in price from April 2015 to last April, according to Statistics Canada. People said they also snubbed tomatoes, cucumbers, bananas and carrots.



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# metr VIEWS

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PHILOSOPHER CAT by Jason Logan

## ROSEMARY WESTWOOD ON WHY HILLARY SHOULD CHAMPION REPRODUCTIVE RIGHTS

### She might be loath to mirror him, but Clinton doesn't need to mimic Trump's bigotry to find talking points. Nothing cuts deeper than the right to control your own body.

Hillary Clinton might be pro-choice, but her campaign isn't nearly pro-choice enough.

Despite earning a Planned Parenthood endorsement (the first primary endorsement in its history) and her long support for abortion rights, it's only been one message among a muddled many.

It could be so much more. Come the general election, drawing women to the polls — especially young, single, Democrat-voting women who have been leaning heavily in Bernie Sanders's favour thus far — will be as essential as always for a Democratic win. And abortion rights could be the key.

The demographic reasons are obvious: As many as one in three women will get an abortion before age 45 in the U.S., according 2008 data. But that's not what makes it such a potentially potent issue for Clinton this election. For that, we can

thank the abortion crisis sweeping across the United States. Aggressive lobbyists and regressive lawmakers are wiping abortions from the map.

In Texas, Louisiana, South Carolina, Oklahoma, Indiana and Florida, pro-life forces are pushing, and in places succeeding, at nullifying an inalienable right.

By restricting women's access to abortions through outlandish measures (forcing women to bury or cremate a fetus, requiring small clinics to build hospital-sized hallways, investigating Planned Parenthood and cutting state funding to clinics that provide abortions), lawmakers threaten

to shutter dozens of abortion clinics, leaving women with the right to an abortion in name only. (This month, the Supreme Court could rule to uphold a Texas law that forces abortion

clinic doctors to have admitting rights to hospitals, which would close eight clinics.)

This not only endangers a basic right, but by forcing women who don't want a child to give birth, the country risks returning them to the economic burdens and professional inequalities of the 1950s.

It shouldn't be a hard sell, but Clinton isn't the salesman that Donald Trump is. Trump — who is pro-life — is a master of the sound bite and the galvan-



izing rhetoric. She might be loath to mirror him, but Clinton doesn't need to mimic Trump's bigotry to find talking points with a similarly pointy edge: Nothing cuts deeper than the right to control your own body. All Clinton needs to do is hammer one simple thing home: Abortion access is under attack, and she is its saviour.

Pundits better placed than I, assume Sanders fans will skew Clinton if/when she becomes the nominee.

But there's preference for a candidate — and then there's cold, hard voting.

Recently, the Washington Post reported that women's fervent support for Clinton rises with age because their experience of sexism deepens as they have children and advance in their careers. Abortion could be the cause young women can relate to — and the cause that lets them relate to Hillary Clinton herself.

If you want to see some of their good work, simply look to the recent 100in1Day project, from the good folks at Make Something Edmon-

## Hold it together, Edmonton

**Tim Querengesser**  
Metro | Edmonton

I bumped into an Edmonton friend in Toronto this weekend who has just chosen to move to Canada's largest cluster of people, jobs and culture.

We've just lost another big brain from Edmonton, and it's a story I've seen playing out a little too frequently lately.

Since I moved to Edmonton from Toronto, in 2013, convinced it was the Canadian city to be in at the moment, my friend and I talked about his choice for a good hour or two.

What emerged wasn't a tale of bitterness or complaints about the lack of job opportunity in Edmonton, but simply of fatigue. As he put it, he felt tired after years of "volunteering for Edmonton."

He expressed something I've been feeling of late, too, but have struggled to put into words.

This guy was part of the young, vital group in our city that's been pushing, pulling and expanding our creative boundaries, often with little personal financial gain.

For people like him, the aim has not been to remake Edmonton into Toronto or Vancouver, as some lazily accuse them, but to build a city that draws people for jobs and then convinces them to stay, long-term, with things like lifestyle options, vibrant urban spaces and engaging culture.

If you want to see some of their good work, simply look to the recent 100in1Day project, from the good folks at Make Something Edmon-

ton (which I had the pleasure of being involved with for a few years). last year's first-ever Nuit Blanche, the ongoing brilliance of our theatre and writing scenes, the recent A City For Life conference, or, well, the list goes on and on.

But there was that comment: "Volunteering for Edmonton." It resonated with me. My friend wasn't tired of volunteering, but rather of feeling like the time and energy he invested seemed to make very slow progress.

As he put it, Edmonton made him what he is, but he and others in his creative circles have been saying to themselves of late, "Hold it together, Edmonton."

I'll explain: For the past five years, Edmonton has been one of the fastest growing cities in Canada. But now, as the economy cools, it's only natural some will leave and some of the buzz will dissipate.

It's essential to make sure the people who've been working to build this city into something more than a place to have a job — the big, creative minds who can live wherever they please — aren't burnt out now that times are toughening.

I took from this a kick in my own butt, as I hope others might, to again lend my own energy and volunteer for Edmonton.

It's nice to have people bring great new ideas to our city. It'd be even nicer if more of us lent them a hand.

**Tim Querengesser** is the managing editor of Metro Edmonton.

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# Shining a light on skin cancer

HEALTH

## Caroline Cooper was a faithful sunscreen user, but still got sick

Caroline Cooper's passion was outdoor adventure, guiding canoe trips, rock climbing and wilderness trekking. In 2013, she'd landed a dream job in Hong Kong, teaching kids to surf, kayak, rappel.

"My office was the outdoors," explains Cooper, 29.

Fair-skinned, she always wore a SPF 30 sunscreen and conscientiously reapplied it to prevent getting burned. But she never worried the sun exposure would lead to skin cancer.

"I thought skin cancer was just an ugly mole, something you cut off," says Cooper.

That changed when she was diagnosed with melanoma, the deadliest form of skin cancer. The rate of melanoma has been rising in Canada, about 2 per cent a year for men and 1.5 per cent for women.

For Cooper, it began one morning in Hong Kong when she noticed a golf ball-sized lump on her neck. A doctor there biopsied it and told her it was melanoma.

"That's a good thing, right?" she blurted out, having feared breast or brain cancer.

"No, not really," he replied.

She returned to Toronto. Medical scans revealed tumours in her neck. Cooper underwent surgery that removed 63 lymph nodes from her neck. Eleven



**ABOVE:** Caroline Cooper, glowing and in remission from melanoma. **INSET:** A painful skin rash — a side effect of the chemotherapy drug MEK 162 — worsened over six weeks of Cooper's cancer treatment. TORSTAR NEWS SERVICES

were cancerous.

"I have a scar running three-quarters the way around my neck," she says.

Cooper had 33 radiation treatments. By the end of 2013, evidence of the disease was gone, but the oncologist warned her it might return.

Sure enough. Follow-up scans in the summer of 2014 showed spots in her lungs, liver and at the base of her skull. The melanoma had spread.

"Nobody asked me about death, but the thought was going through everyone's mind," says Cooper.

She was enrolled in a clinical trial for the drug MEK162. "It kicked my ass," says Cooper about the side effects — severe nose bleeds, hair loss, sore joints and a rash on her face and torso so painful she required morphine. The young woman who once energetically scrambled up rock faces was curled up for

three-hour naps.

In six months, the tumours shrank 30 per cent, but then the drug stopped working. "My body built up a resistance, which my doctor had predicted," she explains. She was transferred to another drug, ipilimumab. It caused fewer side effects, but scans showed improvement.

During her post-radiation remission, Cooper had met Justin Douglas on an online dating site, and the two grew close. He accompa-

nied her to medical appointments and moved in with her and her parents when the cancer returned. "He would hold me when I cried, and I could tell him things that scared me," says Cooper. "He was my knight in shining armour."

On June 13, 2015, the two married. Three months later another scan showed she was fully in remission.

She won't return to leading outdoor adventures, the career

## NEED TO KNOW

### Types of skin cancer

Basal cell: Can cause disfigurement; Squamous cell: Can grow and spread; Melanoma: Can be deadly.

### Mole warning signs

Talk to your doctor about black, multi-coloured or irregular moles more than 6 mm in diameter.

### The right sunscreen

Wear water-resistant SPF 30 or higher, broad spectrum (UVA and UVB rays). You can apply just before going out. Use SPF 30 lip balm.

### The right clothing

Wear a broad-brim hat and tightly woven shirts and pants. Look for sunglasses labelled UV 400 or 100 per cent UV protective.

Source: Dr. Jennifer Beecker, Canadian Dermatology Association

she loved. "It's my skill set. I can set up a tarp with my eyes closed," explains Cooper, who is grappling with changing career paths.

In all her time outdoors, she never had a bad sunburn, a risk factor for skin cancer. Nor did she ever go to a tanning salon, another possible factor.

"It was just all the days out in the sun added up," she says. "It can happen to anyone."

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# How Perry and pop stars inflate obesity

## NUTRITION

## Study points to raft of celebrity endorsements of snack food

Would U.S. teens be any slimmer if Katy Perry hawked kale and quinoa?

New research doesn't prove a link, but its authors think music stars popular with teens may be contributing to the obesity epidemic by endorsing fatty fast food, snacks and soda.

The study shows that 20 of the hottest teen-music heart-throbs have done TV ads or other promotions for products nutritionists consider unhealthy. Included were videos of company-sponsored concerts.

Of 107 food and drink endorsements included in the study, few were for nutritious foods, the researchers said. Lead author Marie Bragg, a food policy and obesity researcher at New York Uni-



versity, singled out one "natural whole-food product." That was South Korean pop star Psy's "crackin' gangnam-style" TV ad for Wonderful pistachios, shown during the Super Bowl in 2013.

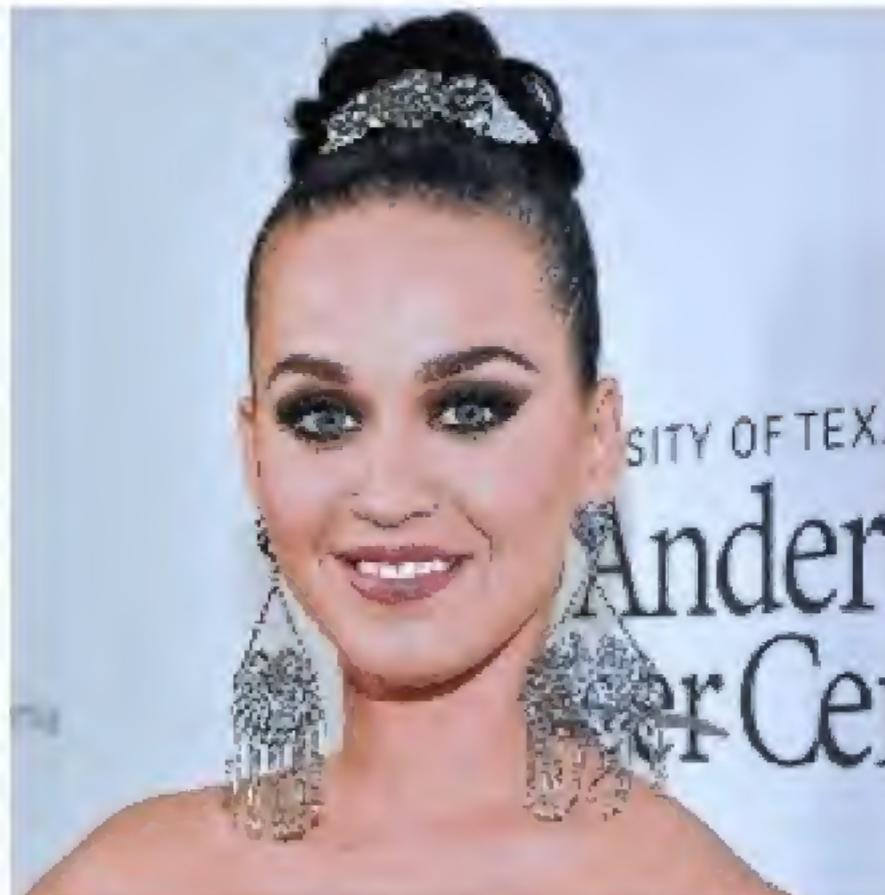
About 80 per cent of celebrity-endorsed food ads were high-calorie products including snack chips and chocolate, or fast-food restaurants including McDonald's, Chili's and A&W.

The list includes Perry endorsements for Pepsi and Popchips; Justin Timberlake ads or promotions for Chili's, McDonald's and Pepsi; and will.i.am ads or campaigns linked with Coca-Cola, Doritos, Dr. Pepper and Pepsi. The study was published in the journal Pediatrics.

Ads can influence behaviour, and the researchers say the results have important implications, given the nation's high obesity rates. Government statistics show that about 20 per cent of U.S. teens are obese and even more are overweight.

They selected performers who have appeared on Teen Choice Award shows and who had hits on the Billboard Hot 100 in 2013 and 2014.

They cited previ-



Katy Perry endorses Pepsi, left, and Popchips. GETTY IMAGES

ous studies linking food and beverage marketing with childhood obesity. Bragg noted a 2013 study from Australia that found sports celebrity endorsements influenced boys to buy fast food.

Bragg said it would be unrealistic to expect teens to only eat healthy foods, or to ask celebrities to only endorse those products. She said "moderation" and "a better balance" of ads would be ideal.

THE ASSOCIATED PRESS

**Celebrities should leverage their influence to promote more healthful messages (to young people).**

Pediatrics journal study findings

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## INTERVIEW

## It's all about diet says Underwood's trainer

Erin Oprea knows you don't have time.

That's why the celebrity trainer and former U.S. Marine has crafted a "do-anywhere" workout regimen approved by clients such as singer Carrie Underwood who have to squeeze workouts in between red carpets and stadium shows. Her new book The 4 X 4 Diet: 4 Key Foods, 4-Minute Workouts, Four Weeks to the Body You Want (Harmony: \$27.64) tells readers how to get more out of limited time. "Working out doesn't always have to be in the gym," she says. "Anytime that you have free time — knock it out."

But the key is in the kitchen.

**Can most people accomplish their fitness goals with body weight exercise?**

They can reach their goal, but so much of reaching your goal is your nutrition. If you don't change your nutrition, then you're never going to get results. You can't out-train a bad diet.

**What are some of the biggest diet misconceptions?**

One of the big myths that's out there is "carbs are bad," which I totally disagree with. Carbs are our energy source. They're fuel for our body. If you put bad gasoline in your car it's not going to run like it's supposed to.

**What's the time of day you should eat carbs?**

The time of day is early in the day when you're going to use them. People will pack it in at dinner, and eat a lot of pasta



**Celebrity trainer Erin Oprea tells readers how to get more out of their limited time. "Working out doesn't always have to be in the gym."**

TORSTAR NEWS SERVICE

or baked potatoes and then they'll sit on the couch. If you eat it at night and you just sit around, your body is just going to store it. I tell people to eat before three in the afternoon, and you have time to use it up. That doesn't mean pile in as much as you can — still eat it in moderation when you have time to use it.

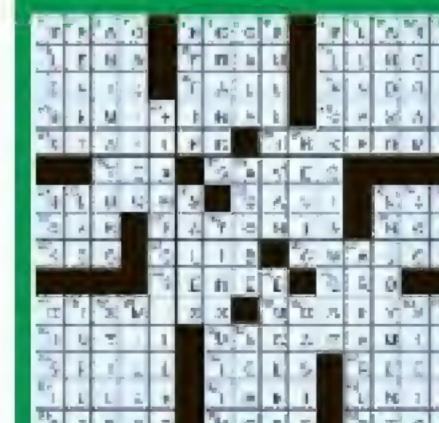
**Can you ruin a week's worth of exercise in a few meals?**

Absolutely. You cannot out-train a bad diet. If you workout really hard for two hours and then you go eat five slices of pizza, you might have kept yourself from gaining, but you're not going to get to where you want to be.

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# Knocking on Stanley's door

CUP FINAL

**Pens take 3-1 series lead with chance for glory at home**

The Pittsburgh Penguins are one win away from their fourth Stanley Cup.

Phil Kessel and Evgeni Malkin had two points apiece and Matt Murray made 23 saves as the Penguins captured Game 4 of the Stanley Cup final in San Jose on Monday night, edging the Sharks 3-1 at SAP Center.

Malkin scored his first goal of the series and added an assist while Kessel set up a pair. Ian Cole and Eric Fehr also hit the score-sheet for the Penguins, who can win their first Stanley Cup since 2009 at home on Thursday night.

Melker Karlsson scored for the Sharks and Martin Jones stopped 17 of 20 shots.

Though San Jose came out with good energy on home ice, it was Pittsburgh getting on the board first for the fourth consecutive game to open the series. The play was engineered by Kessel, who broke

**Evgeni Malkin notched his first two points of the series in Game 4.**

CHRISTIAN PETERSEN/GETTY IMAGES

GAME 4 In San Jose



into the Sharks zone, dangled around defenceman Brenden Dillon and then flung a shot at Jones, with the rebound skipping straight out to Cole on the weak side.

The Penguins defenceman quickly fired into an open cage, free of any opponent with a fresh round of Sharks just hopping onto the ice.

It was the first of two assists for Kessel, who continues to lead Pittsburgh in post-season scoring. He now has 21 points in 22

games. Malkin landed his first point of the series.

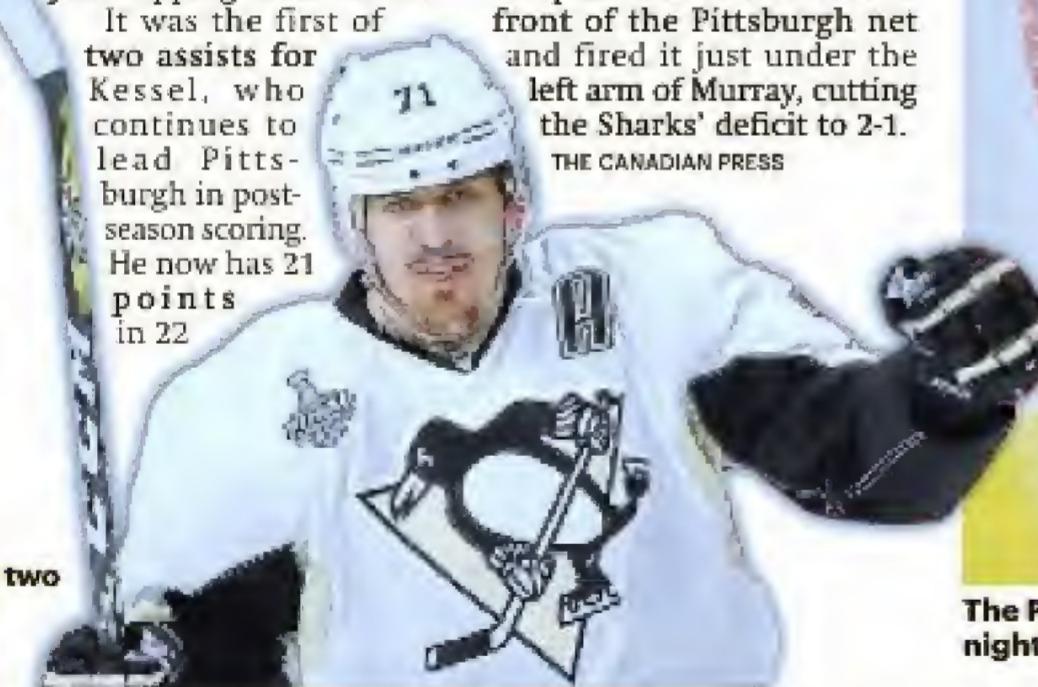
After ending his series pointless streak in the first period, Malkin ended up beating Jones for a goal a period later.

Positioned to the left of the Sharks goalie on an early period power play, the Russian centre took a cross-ice pass from Kessel and finessed it into the net.

Malkin, Cole and Fehr — with an empty-netter — were the seventh, eighth and ninth different Penguins to score in the series.

Murray was finally beaten about eight minutes into the final frame by Karlsson, who replaced an injured Tomas Hertl on San Jose's top line. Karlsson took possession of the puck after a scramble in front of the Pittsburgh net and fired it just under the left arm of Murray, cutting the Sharks' deficit to 2-1.

THE CANADIAN PRESS



HOCKEY NIGHT IN CANADA

## Cherry returning for 2016-17 season

Don Cherry is returning to Hockey Night in Canada for another season.

The 82-year-old star of Coach's Corner has agreed to a one-year deal, Scott Moore, president of Sportsnet and NHL properties, told The Canadian Press on Monday.

Cherry's two-year deal with Rogers, which owns Sportsnet, expires at the end of the playoffs.

In 2013, Rogers signed a 12-year, \$5.2-billion deal for NHL rights in Canada. They took a



Don Cherry GETTY IMAGES

ratings hit this spring, however, when no Canadian team made the playoffs. THE CANADIAN PRESS

### IN BRIEF

#### Ducharme given the reins of national junior team

Dominique Ducharme will coach Team Canada at the 2017 world junior championship in Toronto and Montreal.

Ducharme was an assistant coach on the Canadian squad at the 2016 world juniors in Helsinki.

The 43-year-old is the coach and general manager of the Drummondville Voltigeurs of the Quebec Major Junior Hockey League.

THE CANADIAN PRESS

#### Lynch reiterates he's retired

Marshawn Lynch is putting to rest any lingering speculation about a possible return to the NFL in an interview with 60 Minutes Sports.

In the interview that is to air Tuesday, Lynch says, "I'm retired. Is that good enough? Which camera do you want me to look into? This one? I'm done. I'm not playing football anymore."

The Seahawks will save \$6.5 million with Lynch's retirement.

THE ASSOCIATED PRESS

ALI FUNERAL

## It was 'designed by The Champ himself'

Muhammad Ali and his innermost circle started a document years ago that grew so thick they began calling it "The Book."

Its contents will soon be revealed.

In the pages, the boxing great planned in exact detail how he wished to say goodbye to the world.

"The message that we'll be sending out is not our message — this was really designed by The Champ himself," said Tim-

Gianotti, an Islamic studies scholar who for years helped to plan the services. "The love and the reverence and the inclusivity that we're going to experience over the coming days is really a reflection of his message to the people of planet Earth."

Former president Bill Clinton, a longtime friend, will deliver the eulogy at the funeral at the KFC Yum! Center, where the 15,000 seats are likely to be filled. THE ASSOCIATED PRESS



The Penguins' Carl Hagelin drives the Sharks' Patrick Marleau into the boards on Monday night. BRUCE BENNETT/GETTY IMAGES

# Time and punishment

MLB

## McMaster study looks into health risks of the pitch clock

If Major League Baseball were to introduce a pitch clock to quicken the pace of play and shorten games, it would also increase the injury risk to pitchers, a McMaster University study has found.

Increasing pace of play is a stated priority for MLB commissioner Rob Manfred, who implemented a handful of measures last season that successfully reduced the average time of games.

The league has also experimented in the minors with a pitch clock that requires pitchers to deliver within 20 seconds or have a ball added to the count. There has been speculation Manfred would like that in MLB.

But doing so could have unintentional consequences for pitchers' health, says Michael Sonne, an ergonomics researcher,

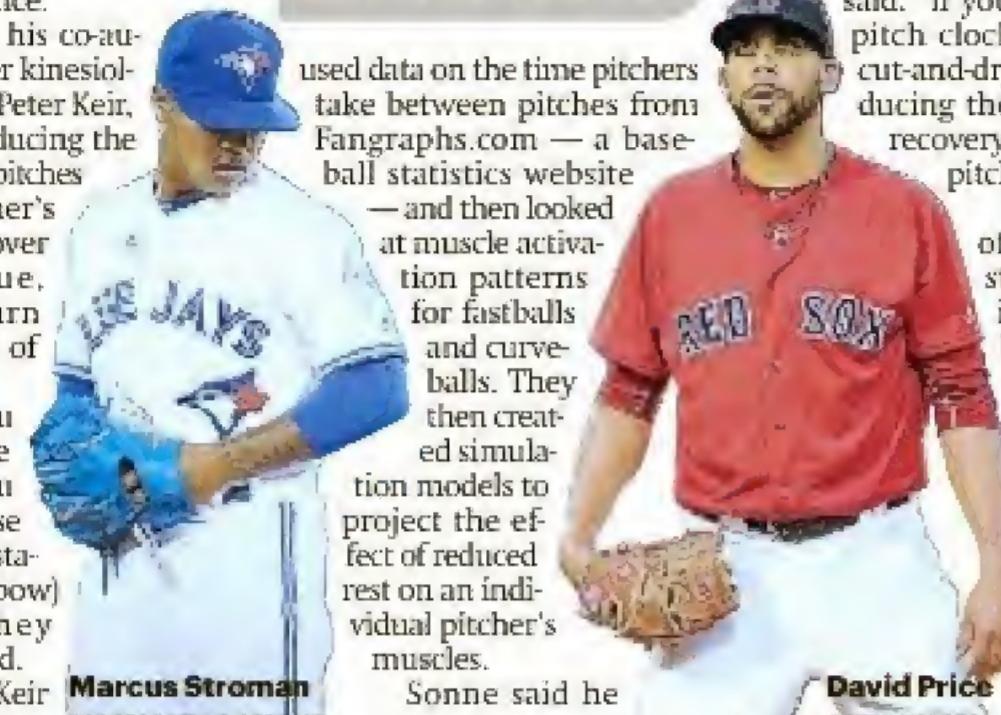
formerly with McMaster's Occupational Biomechanics Lab.

"One of the risk factors that we typically look at with muscle fatigue and injury is the amount of time people have to recover from doing effort," says Sonne, who investigated the potential effects a pitch clock would have on major-league pitchers' elbow muscles in a study published earlier this year in the Journal of Sports Science.

Sonne and his co-author, McMaster kinesiology professor Peter Keir, found that reducing the time between pitches limits a pitcher's ability to recover from fatigue, which in turn increases risk of injury.

"When you have this type of fatigue you essentially lose the ability to stabilize the (elbow) joint as they throw," he said.

Sonne and Keir



Marcus Stroman  
TORSTAR NEWS SERVICE

### 00:12

**The MLB rules actually state pitchers should only take 12 seconds between pitches**, but the rule has never been enforced. A 20-second pitch clock is two seconds faster than the average time between pitches for major-leaguers.

used data on the time pitchers take between pitches from Fangraphs.com — a baseball statistics website — and then looked at muscle activation patterns for fastballs and curveballs. They then created simulation models to project the effect of reduced rest on an individual pitcher's muscles.

Sonne said he

wasn't surprised by the results. In ergonomics, injury risk is evaluated by looking at four main factors: force, repetition, posture and duration, he said.

The first three are not going to change for a pitcher, but if a pitch clock was in place, the duration would.

"You're looking at the duration of exposure to pitching, but also the duration of rest," he said. "If you put in this pitch clock it's a very cut-and-dry way of reducing the amount of recovery time that a pitcher has."

Fatigue is often understood bluntly in the number of total pitches thrown. But the number of pitches per inning, the stressfulness of each pitch and also

the time between all factor in. If time is reduced Sonne said there could be an increased load on the ulnar collateral ligament, which is the problem in so-called Tommy John surgeries.

For pitchers who work quick — like the Jays' Marcus Stroman, who is averaging 19.4 seconds between pitches in 2016 — a 20-second clock isn't likely to have much impact. But for a slower-worker like David Price, who takes more than 25 seconds, the impact could be major. Sonne's study found Price's muscle fatigue inside a given inning would rise from a peak of 7.2 per cent at his own pace to 8.7 per cent with a 20-second clock.

"It seems like a small amount, but when a pitcher is throwing at maximum effort, every bit of muscle force matters."

Meanwhile pitch clocks are still on the table. Manfred recently told ESPN he remains concerned about the length of games after the average time of games this season has crept back over three hours after it was reduced to 2:56 last season.

TORSTAR NEWS SERVICE

+ MONDAY NIGHT

In Detroit

**11** **0**

TIGERS BLUEJAYS

Michael Fulmer allowed two hits over six innings in another outstanding performance, and Justin Upton and James McCann homered to lift the Detroit Tigers to an 11-0 win over the Toronto Blue Jays on Monday night.

J.A. Happ allowed six runs and six hits in five innings. McCann's three-run homer opened the scoring in the second, and Upton added a two-run shot in the third. THE ASSOCIATED PRESS



J.A. Happ THE ASSOCIATED PRESS



**NFL BRONCOS GET OBAMA TREATMENT** U.S. President Barack Obama welcomed the Denver Broncos to the White House on Monday in honour of the Rocky Mountain team's 24-10 win over the Carolina Panthers at Super Bowl 50 last February. PABLO MARTINEZ MONSIVAIS/THE ASSOCIATED PRESS

## IN BRIEF

### Goodell not ready to settle

NFL commissioner Roger Goodell took the air out of reaching a settlement with Tom Brady following the Patriots star quarterback's latest appeal of the league's four-game "Deflategate" suspension.

"At this stage, no," Goodell said Monday, noting there have been several previous bids to reach a settlement. "The courts will make their decisions, and we'll move forward on that basis."

THE ASSOCIATED PRESS

### Tiger penning book on '97

Tiger Woods is getting back to work — as an author.

Woods is writing his first book since 2001, which is due out next spring. The book does not have a title yet, but it will be about his historic victory in the 1997 Masters.

It is scheduled to be released in hardcover, as an e-book and in audio editions in March, a month before the 20th anniversary of that watershed moment in golf.

THE ASSOCIATED PRESS

### Panama out to winning start

Blas Perez scored two goals, including the winner in the 87th minute, and Panama beat Bolivia 2-1 on a rainy Monday night in a Group D Copa America opener in Orlando.

Abdiel Arroyo beat a defender at the edge of the 18-yard box, pulling out goalkeeper Carlos Lampe. Arroyo found a trailing Perez in front of an empty net.

Panama became the first non-CONMEBOL team to win its Copa America debut.

THE ASSOCIATED PRESS

## NBA FINALS

# Looking for answers in Ohio

Under the long-used former NBA Finals format, Game 3 of this Golden State-Cleveland matchup would have been played Tuesday night.

Not this year, thanks to an extra rest day.

And the Cavaliers are probably celebrating that.

The Eastern Conference champions need as much time as they can get to try to figure out a way back into these Finals. They've used LeBron James as a ballhandler and as a centre, they've played at different speeds, they've tried different lineups.

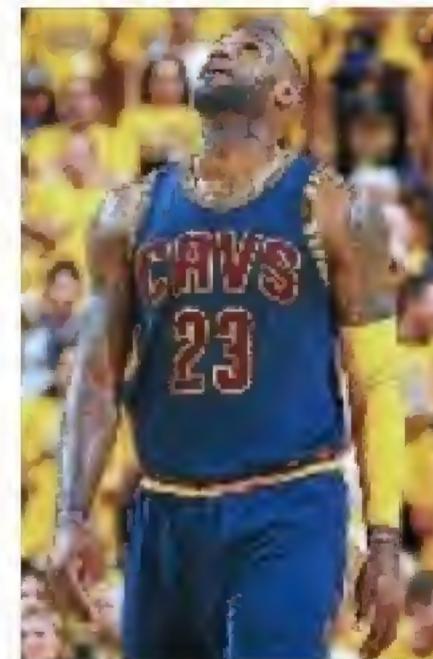
There have been moments of success — just not enough to make this a series.

As such, the Warriors are two wins from back-to-back championships. Golden State will try to take a 3-0 lead in this Finals rematch when the series resumes in Cleveland on Wednesday night.

"The next couple days, I won't be reflecting," James said. "I'll figure out ways I can be better."

That certainly sounds good, given that James at his best is probably still better than any player in the world. Problem is, James is already averaging close to a triple-double in this series — so he's already plenty productive. And the Cavaliers are down 0-2 despite keeping Warriors' sharpshooters Stephen Curry and Klay Thompson in check so far.

Regardless, Golden State won



LeBron James GETTY IMAGES

## + LOVE LOST?

Kevin Love was cleared to fly with his teammates back to Cleveland but his playing status remained up in the air as of Monday afternoon.

hopes hanging by a thread.

James has faced 0-2 deficits four times before, all during his first stint in Cleveland. He and the Cavs lost in seven games to Detroit in the 2006 second round, rallied to beat Detroit in six games in the 2007 East finals, got swept by San Antonio in that season's NBA Finals, and lost in seven games to Boston in the 2008 second round.

He knows the numbers, 28 of the 31 previous teams to lose the first two games of the finals did not recover. He didn't need anyone to remind him that only one team in the last 39 years — the 2006 Miami Heat, with his close friend Dwyane Wade taking over — successfully rallied from an 0-2 hole in the title series.

"What we've done these last two games doesn't put a damper or a cloud over how we got to this point," James said. "We're still here and we have a chance to turn this series around if we come in and do what we need to do both offensively and defensively." THE ASSOCIATED PRESS

**RECIPE** Niçoise Salad

**Ceri Marsh & Laura Keogh**  
For Metro Canada



A large dinner salad can give a family enough variety so everyone feels there is something in it for them, and this easy Niçoise delivers double on delicious elements.

**Ready in**

Prep time: 25 minutes

**Ingredients**

- 8 small red potatoes
- 2 handfuls of green beans, washed and trimmed
- 1 head of lettuce (I like Boston but a salad mix would work, too)
- 1 can tuna
- 2 hard-boiled eggs, quartered
- 4 plum tomatoes, quartered
- ½ cup black olives, pitted
- For the dressing:
- 1/3 cup white wine vinegar
- 1 tbsp Dijon mustard
- 2 tsp honey
- ½ cup olive oil
- salt and pepper to taste

**Directions**

1. Bring a large pot of salted water to a boil.
2. Place your potatoes in the boiling water and cook for about 5 minutes. Add the trimmed green beans to the pot for another 3 minutes until all the vegetables are tender. Drain well and set aside.
3. Wash and spin your salad greens. Tear or chop into bite-sized pieces. Toss the greens in a bit of salad dressing, coating them lightly. Spread your dressed greens on a platter.
4. Arrange your ingredients in small mounds, tuna in the middle (broken up into chunks), beans together, potatoes together, olives together, etc.
5. Drizzle salad dressing over.

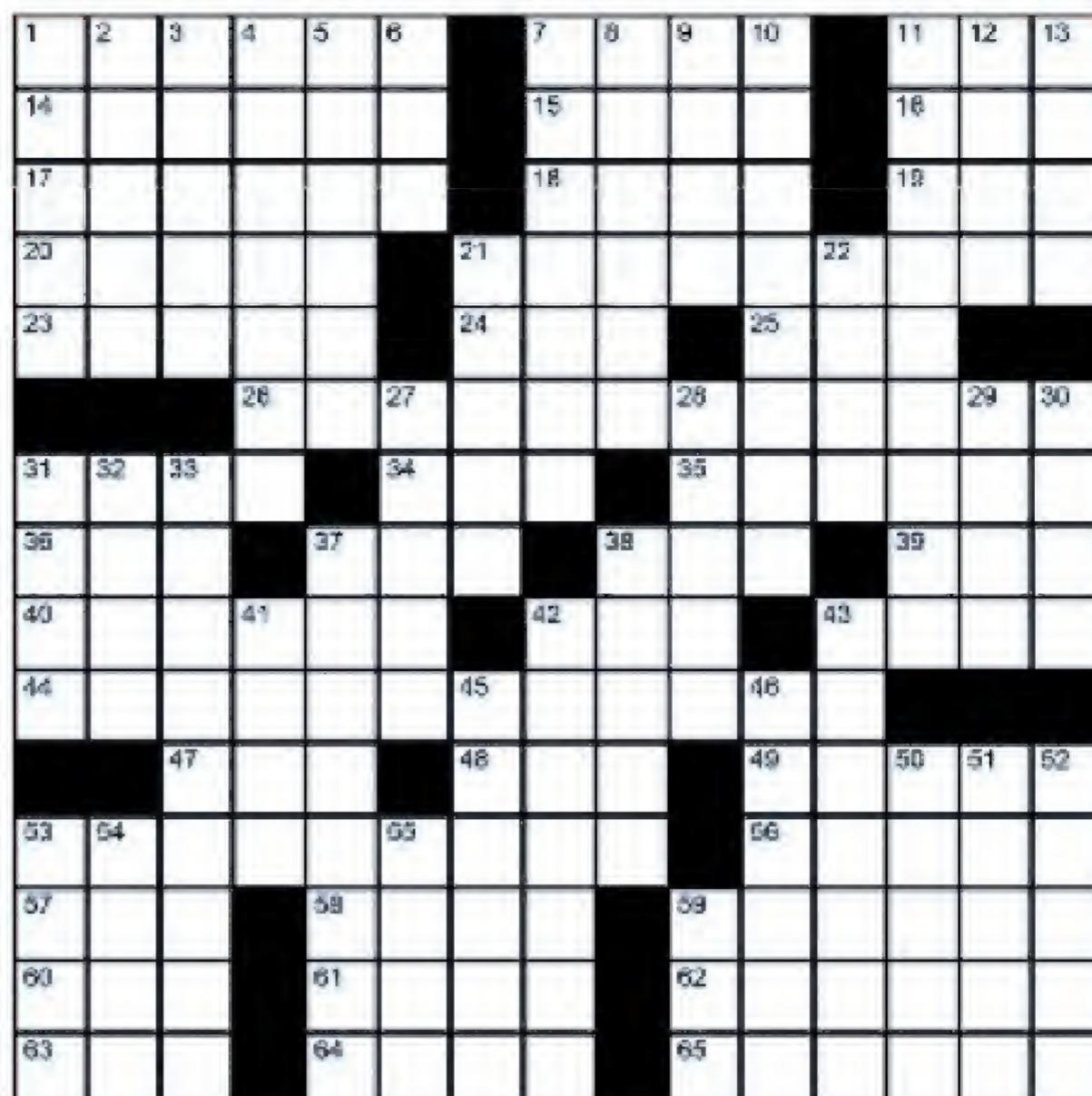
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**CROSSWORD** Canada Across and Down

BY KELLY ANN BUCHANAN

**ACROSS**

1. Garlic shrimp dish
7. \_ milk
11. Better
14. Adam Levine's band, \_
15. Mozart opera, \_ Fan Tutte
16. Apple Pie Mode's missing slices?
17. Gives warning
18. \_ were (Seemingly)
19. Mary \_ (Cosmetics company)
20. Ms. Bow, the 'it girl' in "It" (1927)
21. Food Network champions: 2 wds.
23. Metric weights, briefly
24. Reno's 3rd state
25. G'days
26. 1984 chart-topper for Prince: 3 wds.
31. Scottish rolls
34. 'King' in Spain
35. Region of France
36. 'Hotel' suffix
37. Jnr. opposite
38. Quebec's largest city [abbr.]
39. Kitchen and den, etc. [abbr.]
40. Bands
42. Fitness system, \_ Bo
43. FDNY's D' [abbr.]
44. Techie tune in "Purple Rain" (1984) starring Prince: 2 wds.
45. Sir McKellen
46. Compete
47. Birth-related
53. Prince-written song by Canadian lead-singer trio Vanity 6: 2 wds.
56. Barter
57. "Entourage" superagent
58. Mr. Johnson of "Laugh-In"
59. Rhoda's little sis-ter on '70s TV
60. Yearning
61. Printer paper purchase
62. English novel.

**DOWN**

1. \_ dab in the middle
2. Prefix to 'graphy'
3. Jane
4. Wilt
5. Mr. Johnson of "Laugh-In"
6. Clever come-back
7. "Is that \_ sapphire?" (Jewellery store query)
8. The cheque \_ the mail
9. Most cherished
10. Madonna's 1996 title role's namesakes
11. False
12. So much, in music
13. Calculator ... when using the + sign
14. Resembled the Tower of Pisa
15. Refusals
16. Expansive
17. Stone hue
18. Stop

- (Fancy writing)
63. Wilt
64. NASDAQ rival
65. Clever come-back
66. Days following to-days, old-style
67. Saskatchewan export
68. Amer. pals to CMs on rulers
69. The cheque \_ the mail
70. Canadian singer/songwriter Joni, one of Prince's musical inspirations
71. Is prudent

**CONCEPTIS SUDOKU** by Dave Green

Every row, column and box contains 1-9

|   |   |   |   |   |
|---|---|---|---|---|
| 7 | 6 |   | 5 | 1 |
| 2 | 9 | 3 | 6 | 8 |
| 5 | 7 | 2 | 9 |   |
| 9 | 3 | 4 | 7 |   |
| 1 | 5 | 2 | 9 | 7 |
|   |   |   |   |   |
| 8 | 6 |   | 2 | 4 |

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**\*IT'S ALL IN THE STARS** Your daily horoscope by Francis Drake

**Aries** March 21 - April 20  
Something unexpected will interrupt your home routine today. Small appliances might break down or minor breakages could occur. Be patient with family members to keep the peace.

**Taurus** April 21 - May 21  
This is an accident-prone day for your sign, so pay attention to everything you say and do. Before you speak, count to three and keep your eyes open! This puts you in control.

**Gemini** May 22 - June 21  
Today you might find money, or you might lose money. Stay in touch with your bank account. Guard your possessions against loss or theft, because today is a crapshoot.

**Cancer** June 22 - July 23  
Your plans regarding sports events, parties or a fun escape might be interrupted because a parent, boss or police person intervenes. (Oops!) Just be aware of this.

**Leo** July 24 - Aug. 23  
This is a restless day for you. You're not sure whether to act or wait, because things are unpredictable. (It never hurts to first find which way the wind is blowing.)

**Virgo** Aug. 24 - Sept. 23  
A friend likely will surprise you by doing something you least expect today. Or possibly, you will meet someone new who is bohemian, unorthodox or just weird.

**Libra** Sept. 24 - Oct. 23  
It's hard to predict people in authority today — parents, bosses, VIPs and the police. Just be aware that someone is going to throw you a curveball. Forewarned is forearmed.

**Scorpio** Oct. 24 - Nov. 22  
Travel plans will change today. They might be canceled or rescheduled. On the other hand, you suddenly might have a fresh opportunity to travel. Yay!

**Sagittarius** Nov. 23 - Dec. 21  
Something unexpected might affect discussions about inheritances, taxes, debt and shared property. Stay in touch with your bank account so you know what's happening.

**Capricorn** Dec. 22 - Jan. 20  
A friend or spouse might want more freedom in the relationship. Someone close will do something today that surprises you. Expect an unusual request from someone close to you.

**Aquarius** Jan. 21 - Feb. 19  
Your work routine will be interrupted by canceled meetings, power outages, fire drills, computer crashes — something. A co-worker might do something that surprises you.

**Pisces** Feb. 20 - March 20  
This is a mildly accident-prone day for your kids, so be vigilant. This is also an accident-prone day for sports. Meanwhile, social plans might suddenly change.

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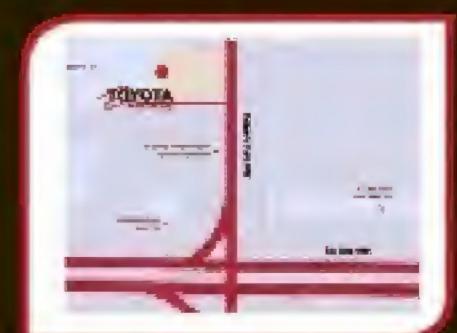
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